



MODEL 39401  
MODEL 39411  
MODEL 39430



#### FEATURES:

- 10 LAP MEMORY CHRONOGRAPH
- TIME / DAY / DATE
- 4 ALARMS
- COUNTDOWN TIMER
- NIGHT VISION™ BACKLIGHT DISPLAY

#### INSTRUCTIONS AND WARRANTY INFORMATION

First off thank you for your purchase of this Freestyle watch. Rest assured your watch is made to the highest standards and tested under the gnarliest conditions. We put a lot of work into making the most reliable performance watch in the bizness and have 25 long years of experience doing it.

**NO ONE ELSE CAN SAY THAT.**

So take some time reading the instructions so you get the most from the features and functions. We want you to keep this timepiece for many years to come.

**WELCOME TO THE FAMILY.**

Don't forget to check our website to register your watch, see the newest product releases, check the news and win monthly prizes.

[www.freestyleusa.com](http://www.freestyleusa.com)

#### 1. General Description

- 1) 3.0 Volt operating voltage.
- 2) 32.768kHz Crystal oscillation
- 3) 5 key operation.
- 4) Directly drive 4.5V, 1/3 Bias, 1/5 duty LCD display.
- 5) 5 Modes of operation
  - a. Real Time display Mode
  - b. Chronograph Mode
  - c. Timer Mode
  - d. Alarm Mode
  - e. Memory Recall Mode
- 6) Auto calendar and day of week for the range of 1 Jan, 2000 to 31 Dec, 2099.
- 7) Month-Day or day, month display format.
- 8) 12 or 24 hours display format.
- 9) Dual time display with +23 hours time different.
- 10) Chime on/off function.
- 11) Keytone on/off function
- 12) 10-laps chronograph with resolution of 59 minutes, 59.99 seconds for counting less than 1 hour and up to 23H59M59S afterwards.
- 13) Count-down stop, count-down repeat or count-down up time with preset value up to 23H59M59S
- 14) 4 independent daily alarms
- 15) Mode change animation
- 16) Graphical animation for the real time second, chronograph and timer running display.
- 17) Auto EL (Light mode) function.
- 18) EL will be on for 3 seconds if [EL] key is pressed and released.

#### 2. Function and Mode Description

- A) Power up reset default**
- a) Default time is 12:00 am, Tue-1-01, 2002
  - b) Time different between T1 and T2 is 0 hour
  - c) Time 1 is set as the default display time
  - d) Chronograph will be reset to and stopped
  - e) All the 10-laps memories are cleared
  - f) Timer will be default as count-down stop mode with value 0:00 00 and stopped
  - g) All the 4 alarms are set to 12:00 am and are disabled 00'00"00

#### B) LCD Display



	ALARM ON
	HOURLY CHIME ON
	AUTO EL
	CHRONOGRAPH
	KEY TONE
	COUNT STOP
	COUNT REPEAT
	COUNT UP

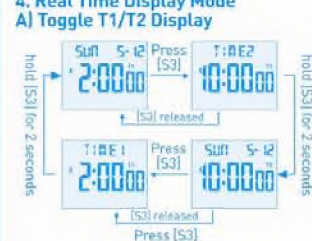
#### C) Key Operation

Mode	S1 [Set/EL]	S2 [mode]	S3 [Start/stop]	S4 [lap/Reset]
Real Time	Set (2S)	To Chronograph	Toggle T1/T2	Key tone ON/OFF
Chronograph	Exit	Next	Advance	Decrement
Memory Recall	Next Lap	To Timer	Start/Stop	Lap/Reset
Timer	Set (2S)	To Alarm	Start/Stop	Reset
Timer Setting	Exit	Next	Advance	Decrement
Alarm	Set (2S)	To Real Time	Alarm ON/OFF	Alarm ON/OFF
Alarm Setting	Exit	Next	Advance	Decrement

#### 3. Mode Description



#### 4. Real Time Display Mode



- 1) Press [S3] to toggle the T1/T2 display. If the [S3] is held for 2

seconds, Time 1 or Time 2 will be set as the default display time.

- 2) Press [S4] to on/off key tone.

#### 5. Real Time Setting Mode

##### A) T1 Setting Mode

- 1) If time 1 is displaying, press and hold [S1] for 2 seconds to enter the setting. Chime will be set first.
- 2) Press [S2] to change the next setting item, setting sequence will be cycle by Chime, 12/24 format, Hour, Minute, Second, Year, M-D, Month and Day, on/off Auto EL.
- 3) Press [S3] or [S4] to increase or decrease the setting value.
- 4) If [S3] or [S4] key has been pressed and held for 2 seconds, auto advance function will be activated with speed of 8 steps per second.
- 5) Press [S1] to exit the setting mode.

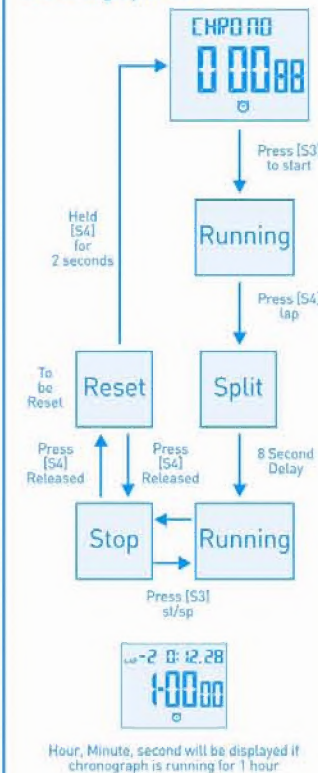


##### B) T2 Setting

- 1) If time2 is displaying, press and hold [S1] for 2 seconds to the Time 2 setting mode.
- 2) Time different between T2 and T1 will be set.
- 3) Press [S3]/[S4] or increase/decrease the value.
- 4) Range of the time different is 23H.
- 5) Press [S1] to exit the setting mode.



#### 6. Chronograph Mode



- 1) Press [S3] to start/Stop the chronograph.
- 2) Press [S4] to split/reset the chronograph.
- 3) will be shown on if chronograph is not running (Only in chronograph mode).
- 4) will be flashing in all modes if chronograph is running. (It will be appear in any mode)
- 5) Press [S1] to recall the memory if chronograph is stopped.

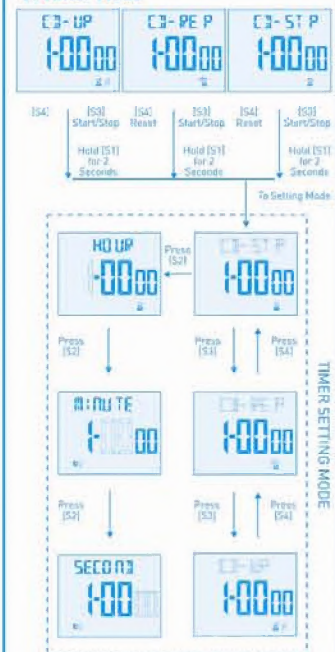


- 6) Press [S1] to view the next lap.
- 7) Press [S3] or [S4] to exit Recall Mode and go back to Chronograph Mode.

Remark:  
1) There are total of 10 lap memories.

- 2) Lap L (Last) will be shown if lap number → 9. The last lap memory will be overwritten by the latest lap whereas the first 9 laps will be kept unchanged.
- 3) If there is no key operation for 30 seconds, the mode will be exit and returned to Real Time Display Mode.

#### 7. Timer Mode



##### A) Timer Mode

- 1) There are three different modes of timer:

	Countdown-stop
	Count down-Repeat
	Count down-and up
	Will be flashing if counter is counting down.
	Will be flashing if counter is counting up.

- 2) Press [S3] to start/stop the timer counting.
- 3) Press [S4] to reset the counter to the preset value if timer is stopped.
- 4) Press and hold [S1] for 2 seconds, Timer setting mode will be entered.



#### B) Timer Setting Mode

- 1) Press [S2] to cycle around the setting item: Timer-Type, hour, minute, second and back to timer-type again.
- 2) Press [S3] / [S4] to increase/decrease the setting value.
- 3) Press [S1] to exit the setting.

#### C) Timer Alarm:

- 1) Timer alarm will be output at 2 beeps per second
- 2) Timer alarm will be output for 30 seconds if timer is counted down to zero normally.
- 3) If preset value is less than 1 min, and count down repeat is selected, timer than will output for 1 second only each time the timer counted down to zero.
- 4) Timer will be stopped and reset automatically with alarm sounds for 30 seconds, if repeat counter counted up to 100.
- 5) Timer will be stopped and reset with alarm sounds for 30 seconds if timer counted up to overflow (>23H59M59S).

Remark: If there is no key operation for 30 seconds, setting mode will be exit automatically.  
(Any adjustment in setting mode, it will be updated during auto exit)

#### 8. Alarm Mode

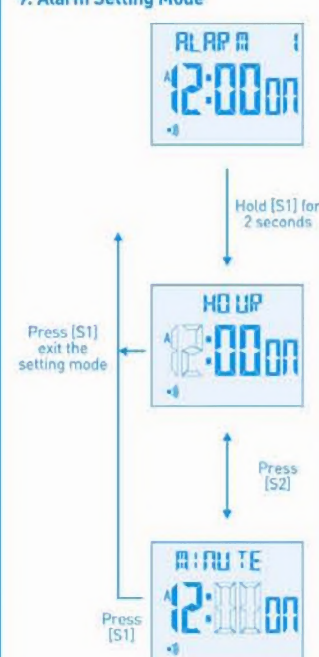


- 1) Press [S3] to select the alarm.
- 2) Press [S4] to enable/disable the alarm.
- 3) Press [S2] to change to Time mode again.

#### Remark:

- 1) If there is no key operation for 30 seconds, time mode will be retrieved automatically.
- 2) Alarm [4 beeps per second] will be output for 30 seconds, if alarm time is arrival and alarm is enabled, press any key to stop to alarm.

#### 9. Alarm Setting Mode



- 1) Press and hold [S1] for 2 second to enter the alarm setting mode.
- 2) Press [S3]/[S4] to increase/decrease the setting value.
- 3) Press [S1] to exit the setting mode.

#### Remark:

- 1) If there is no key operation for 30 seconds, setting mode will exit automatically.
- 2) Alarm will be enabled automatically if there is any change in hour or minute.

#### 10. EL Function

- 1) The display will be illuminated by pressing the [S1] in any mode. The EL will be light on for 3 seconds.
- 2) Please on/off the Auto EL function in Time setting mode. EL will be on if any key pressed when Auto EL function is on.
- 3) Auto EL function will be disabled 30 minutes automatically after it is enabled.

JAMES  
SAYS...



FOLLOW  
THESE 8 TIPS  
TO GET THE  
MOST OUT OF  
YOUR NEW  
WATCH!

1. Never Pull out the crown or operate the pushers/buttons under water.
2. Make sure your crown is returned to the original position before you expose your watch to water.
3. If your watch is exposed to saltwater it is very important to wash it thoroughly under tap water and wipe dry with a soft cloth. Keep it clean!
4. Sever impacts or drops may affect your watches water resistance and performance.
5. Avoid exposing your Freestyle watch to extreme temperatures such as in a hot shower, Jacuzzi, sauna or hot tub. The combination of extreme heat and water may cause your watch to lose some of its water resistance.
6. Avoid exposing your watch to chemicals, soaps or solvents as they deteriorate the water resist seals in your watch.
7. Never try to remove the caseback, leave this to a certified watch repair technician or Freestyle service center. This will help in preventing water leakage from improper battery replacement.
8. It is advisable to have your watch pressure tested annually and to re-furbish your watch every 2-3 years to extend the life of the watch.

#### LIMITED LIFETIME WARRANTY

Freestyle U.S.A. warrants, to the original purchaser, that its watches are free from defects in materials and workmanship for the lifetime of the watch (under normal use) from date of original purchase. The following are not covered under warranty: battery, strap/bracelet/band and crystal.

Accidental breakage or damage due to normal wear or misuse of the product, including but not limited to the mathematical accuracy of the product, is not covered under this warranty. Some states do not allow limitations on how long an implied warranty lasts, or the exclusions of or limitations on consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may have other rights, which vary from state to state.

Under this warranty FREESTYLE will make any necessary repairs, if applicable, at no cost to you the consumer. Any repair needed that is not under warranty will be at the cost of you the consumer. Proof of purchase and / or original receipt it needed to validate your warranty.

Your warrantee is voided by any servicing out by a non-authorized agent. Any other form of guarantee to you by the retailer is his / her responsibility. This warranty applies to watches purchased in the United States. For watches purchased outside the United States, please contact you authorized FREESTYLE dealer for warranty information.

Please send to the address below and include the following (w/ the form included on either this page or the flipside)

- 1) A copy of your original sales receipt
- 2) Your printed name, address, phone number and a brief description of the problem.
- 3) A Check, Money Order payable to Freestyle USA in the amount of \$8.50 for processing and handling. If using a Credit Card, be sure to include card number and expiration date on included form.

#### FREESTYLE

Attn: Individual Returns  
47-50 33rd Street  
Long Island City, NY 11101  
1-800-776-6449

Should the warranty on your watch no longer be valid or found to be voided, please see the enclosed mailing form (on this page or flipside) for replacement costs per item. Please do not include any special watchband or any other items of personal value in your shipment. Allow 30 days for processing and the return of your serviced watch.



Freestyle

Attn: Individual Returns  
47-50 33rd Street  
Long Island City, NY 11101  
1-800-776-6449

Battery	\$ 4.00
Case	10.00
Bezel	6.00
Band(Polyurethane)	12.00
Band(Leather)	12.00
Band(Metal)	20.00
Band(Nylon)	7.00
Processing and handling	8.50

Total \$ \_\_\_\_\_

- ☐ Check or Money Order  
☐ Master Card  
☐ Visa

Card # \_\_\_\_\_

Exp Date \_\_\_\_\_

Name \_\_\_\_\_

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